

Hawaii MARINE SPORTS

Hawaii Marine C Section

August 8, 2003

'Don't look back!'



Staff Sgt. Robert Carlson

With no defenders open, 1st Bn., 3rd Marine Regiment, quarterback Dwayne Adams scrambles down the side line with a gang of Marine Corps Aircraft Group 24 Bandits on his tail in 2002.

Football kicks off Sept. 8

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

It's that time of the year again when motivated warriors across MCB Hawaii, Kaneohe Bay, suit up in helmets and shoulder pads and get ready to slam into each other with all their might for a few months on the gridiron.

That's right; it's time for the football season to begin and let the good times roll across MCB Hawaii.

This year's Intramural Tackle Football Program will be comprised of seven teams representing the major commands across Kaneohe Bay and Camp H.M. Smith.

The first game of the season is scheduled for Sept. 8 at 6 p.m. at the Pop Warner Field aboard K-Bay. This year's games will be held on Mondays, Wednesdays and Thursdays. Each game will start at 6 p.m.



Staff Sgt. Robert Carlson

The Marine Aircraft Group 24 offensive line provided plenty of protection for quarterback Ray Bradbury during the championship game of MCB Hawaii's inaugural football league in 2002.

Makeup games, due to rain-outs or any kind of inclement weather, are scheduled for Nov. 27, 29 and 30.

When the action-packed regular season comes to an end, the championship tournament will decide which of the seven teams has the most guts to take the title.

Unlike last year, this year's

teams will have nine players instead of eight.

"We are looking for the caliber of play to be more advanced than it was last year," said Joe Au, intramural sports coordinator for MCB Hawaii. "We are looking forward to some great competition because these teams have gained another year of experience."

Young gymnasts show their skills during National Gymnastics Day

Lance Cpl.
Monroe F. Seigle
Combat Correspondent

Collectively, our nation strives to encourage greatness and achievement in our young people.

National Gymnastics Day seeks to introduce the value of physical fitness for every age, race, gender and ability level.

Several young, smiling faces came together Aug. 2 to celebrate National Gymnastics Day at the Family Gym aboard MCB Hawaii, Kaneohe Bay.

"Gymnastics stimulates children's physical, emotional, and psychological abilities," said Di Roden, founder of the Dance Movement Academy aboard MCB Hawaii, Kaneohe Bay. "This challenging sport inspires children to excel in life and accomplish their dreams."

The children, ranging from ages 3 to 14, demonstrated what they have learned over the year by proudly showing off their ability to do handstands, tumbling, cartwheels and balance beam exercises.

"Each exercise tests the children in different ways," said Roden. "These exercises prove their ability to show physical control, strength and coordination."

The exercises were divided into five different categories. While on the balance beam, physical control and strength were key. The young athletes showed their upper torso strength and coordination on the gymnastic bars.

Many of the children found the trampoline amusing because it gave them a chance to practice their form with more precision while in mid-air.

In the final two categories, children displayed speed and power during the vaulting exercises and, with the assistance of Roden by their side, a variety of flips and summersaults.

"The children are learning to be confident in whatever they do," said Roden. "They can stand up and say 'look at me, I can do it.'"

For more information on the gymnastics program aboard MCB Hawaii, call Di Roden at 473-3273.



Lance Cpl. Monroe F. Seigle

Abbey Frantzen, 4, is all smiles as she performs a backward tumbler at the Family Gym aboard MCB Hawaii, with the assistance of Les Miller, assistant gymnastics coach.

MCAF races to take scenic route about Nu'upia Ponds

Ed Hanlon V
MCCS Marketing

Runners, walkers and keiki athletes take notice; a fun-filled day of events lies ahead. Join Marine Corps Air Facility and Marine Corps Community Services Athletics for the Nu'upia Ponds 5-mile footrace, the Volksmarch directly following, or enroll the kids in the Keiki Triathlon, Aug. 16 at MCB Hawaii, Kaneohe Bay.

All races are open to the public, so bring the entire family for a healthy day of fun, with prize giveaways for all ages.

Runners can strut their stuff at the 5-mile footrace that leads around the Nu'upia Ponds. The race begins at 7 a.m. and will kick off at Dewey Square. Registration time is set for 6 a.m.

Awards will be presented to the top three finishers in each age category of both women's and men's divisions. The cost for the race is \$15 for individuals and \$40 for all formations of 10 runners or more. All registered runners will receive an event finisher T-shirt.

This event is part of the Commanding General's Semper Fit Series which is sponsored by Gatorade.

Want to race, but with a little more relaxed pace?

Check out the Volksmarch, a 5-mile family-paced course held immediately following the 5-mile race.

The fee is \$15 for participants, and all patrons receive a commemorative coin as well as a finisher T-shirt. Walking strollers are welcome.

Your favorite little adolescent athletes can participate in the Keiki Triathlon, an event for kids ages 7 through 14 years, at the base pool at 9 a.m.

The event includes a 100-meter swim, a 3.1-mile bike ride, and a .6-mile run for youth ages 7-10. For athletes ages 11 through 14 years, the event includes a 200-meter swim, a 6.2-mile bike ride, and a 1.2-mile run to finish.

The cost is \$15, and all participants will receive a finisher T-shirt. There will be numerous prize giveaways and goodies for everyone.

Registration forms for all three events can be picked up at the Semper Fit Center located aboard Kaneohe Bay, or can be found online at www.mccshawaii.com.

Late registrants are not guaranteed a T-shirt on race day.

All competitors under the age of 18 years must have a waiver signed by a parent or guardian.

For further information, contact MCCS Athletics at 254-7590.



Courtesy of MCCS

Runners can strut their stuff at the 5-mile MCAF footrace that leads around the Nu'upia ponds, located in the Aikahi and back gate district of the base. The race begins at 7 a.m. and will kick off at Dewey Square aboard Kaneohe Bay.

BASE SPORTS

Edward Hanlon V
MCCS Marketing

Women’s Intramural Softball Tryouts Go Saturday
Marine Corps Community Services

will be holding try-outs for the Womens Intramural Softball League Saturday from 9a.m. - noon.

Tryouts are open to all active duty and family members 18 years or older.

For more information contact Warrant Officer Leigh Williams at 257-8593 or the MCCS Sports Office at 254-7590.

‘101 Days of Summer’ Brings Basketball Tournament

This event will be held Aug. 20 - 23 at the Semper Fit Center. The entry deadline is Friday, Aug. 15 by 3 p.m.

Games will go at 6, 7 and 8 p.m. on Aug. 20 - 22 and at 9 a.m. on Aug. 23.

The tournament is projected to be double elimination following NCAA rules.

There will be a 16-minute running clock used for each

half, except for the last two minutes, which will be regulation clock. There will be four time-outs per game per team.

For more information, contact Joe Au, sports coordinator at the Semper Fitness Center at 254-7591.

Camp Smith Gym Open for Business

Marine Corps Base Hawaii has experienced a progression of renovations in the past few years, and they keep on coming.

Yet another MCCS renovation project is in development currently at Camp H.M. Smith. The fitness center is under restoration, and an interim gym will be open for business beginning Monday.

The temporary gym is located in Bldg. 2C on the basement level. Patrons can enter from Elrod Street, closest to Gate 13.

For further information, call 477-0498.

MCB Hawaii Hosts CFC 5K Fun Run/Walk
Marine Corps Base Hawaii,

Kaneohe Bay, will be hosting the Combined Federal Campaign’s 5K Fun Run/Walk on Sept. 13 at 8 a.m.

The race will start and finish at Risley Field aboard MCB Hawaii, Kaneohe Bay, across the street from the Semper Fit Center. The 5K course distance is approximate.

Runners must be in place at Risley Field for run instructions at 7:30 a.m. The race will start at 8 a.m. sharp, and the finish line will close at 9:30 a.m. But, plan to stay awhile and enjoy the festivities after the race.

No headsets or pets will be allowed during the race.

Registration entry forms are available now at www.cfc-hawaii.org or call 257-1026, leave a message with e-mail address, and an entry form will be sent to you.

The entry fee is \$15 and includes a T-shirt, free barbecue, and entertainment, which will be provided for participants following the race.

Commemorative T-shirts are not guaranteed for those signing up after Aug. 27.

Parking will be available at

the base theater, bowling alley, Enlisted Club, and the grass field adjacent to the Provost Marshall’s Office. Parking is limited, so car pool when possible.

For more on the race, call 257-1026, or e-mail the Combined Federal Campaign.

Semper Fit Seeks Resumes for All-Marine Rugby Team

The All-Marine Rugby Trials Camp will be held Oct. 12 - 18 at Marine Corps Reserve Support Command Kansas City. The Armed Forces Rugby Championships will be held Oct. 20 - 27 at Naval Station Everett, Wash.

Then, an armed forces team will be selected to compete in the Invitational Territorial Tournament Dec. 5 - 7 in Tampa, Fla.

Marines will return to their assigned duty stations upon completion of the Rugby Championships. If selected for the armed forces team, a message will be sent to the Marine’s command requesting additional duty from Dec. 5 - 7.

Interested Marines must submit resumes no later than Sept. 16. Resumes must include the past two year’s playing experience and contain command endorsement stating that the Marine will be made available to attend all events if selected.

Rugby resumes can be found at www.usmcmccs.org, and they must be sent through local Semper Fit athletic directors.

For more information contact Steve Kalnasy, varsity sports director, at 254-7590.

MCCS Seeks Male and Female Boxers

Marine Corps Community Services is now recruiting male and female boxers.

Resumes are being accepted for the All-Marine Boxing Trials, held at MCB Camp Lejune Nov. 17-22.

Those who make the All-Marine Team will compete in the Armed Forces Boxing Championships, held Dec. 6-12.

Resumes must contain command endorsement stating you will be made available to attend all events if selected.

Resumes are due to MCCS Athletics no later than Sept. 28. If you are interested, contact MCCS Athletics at 254-7590.

Kahunas Brings Tsunami Surf Saturdays
Surf’s up at Hawaii’s only

indoor surf meet from 10 p.m. - 2 a.m Saturdays at Kahunas.

Catch a big one on the surf simulator and win a brand new surfboard from Local Motion. Call 254-7660 for more details.

Youth Activities Presents New Ice Hockey Program

Youth Activities is beginning a new Ice Hockey Program for the children of MCB Hawaii. Registration is now in progress at Youth Activities, Bldg. 5082.

The league is sponsored by the Hockey Equipment Program in conjunction with the Ice Palace.

Children will be provided free ice hockey gear, skating lessons, and practice/game time at the rink.

For more information, call 254-7610.

August Brings Seasonal Sports from YA

Cheerleading, in-line hockey, and flag football will kick off this August.

Registration has already begun at Youth Activities.

Birth certificates must be provided, and volunteer coaches are needed for all three activities.

For more information, call 254-7610.

Bowling is Back, Big Time!

K-Bay lanes is in a league of its own, but offers numerous leagues for bowlers of all ages.

The Women’s League ages 18 and over, begins Sept. 11 and plays on Thursdays at 6 p.m.

The Youth League is open to bowlers ages 6 - 21 and begins Aug. 23 at 9 a.m, with play continuing on Saturdays.

There’s even a Pee Wee League for baby bowlers ages 3 - 5. It will also run on Saturdays at 9 a.m. starting Aug. 23.

For more information regarding leagues or other services available , call 254-7693.

Semper Fit Center Runs Beginner Fitness Program

The Beginner Fitness Program is an eight-week session that meets twice a week at the Semper Fit Center with a certified personal trainer to assist those wanting to learn how to exercise the correct and smart way, to fulfill whatever goals they may have set for themselves.

For more information on the program, contact the Semper Fit Center at 254-7597.



Lance Cpl. Monroe F. Seigle

Base All Stars

NAME: Patricia Salvani

UNIT: Semper Fit Center

TITLE: Pilates instructor for MCCS

SPORT: Pilates

•Salvani has been studying the art of Pilates for more than 10 years.

•She first learned Pilates in Italy where she took classes herself and continued with instructor training.

• Salvani has been teaching Pilates for the last six years. She has taught in many places such as Poland, different locations on the Mainland and in Hawaii.

• Along with with her twice a week class at the Semper Fit Center, Salvani has also taught at 24-Hour Fitness in Kaneohe, the Kaneohe Senior Center, and the Kaneohe and Kailua District Parks.

“In Pilates, you learn how to work your muscles and control your discipline. But most of all, you strengthen your core.”

COMMUNITY SPORTS

Hawaii Dragon Boat Festival Calls for Paddlers

Registration has begun for the 8th Annual AT&T Hawaii Dragon Boat Festival. Teams can sign up now to paddle in the boat races to be held at Ala Moana Beach Park Saturday and Sunday.

Companies, clubs and team-spirited clans who can round up at least 18 paddlers qualify to compete in the races.

All teams entered in the race will be supplied with boats, paddles and steersmen, and receive approximately three practice sessions.

The races will feature two divisions. The Cup Race Division, Saturday at 8 a.m., is designated for teams competing within a specific industry.

The Open Race Division, on Sunday at 8 a.m., will consist of a single-elimination competition with teams organized into heats at random.

For more information, call 951-0350.

7th Annual Hawaiian Noseriding Classic Goes Saturday

The Hawaiian Longboard Company and the Hawaiian International Surf Museum present the 7th Annual Hawaiian Noseriding Classic on Saturday and Sunday from 8 a.m. to 5

p.m. at Kuhio Beach Park/Queen’s Break in Waikiki.

The public is welcome to attend the annual longboard event showcases the unique style of noseriding while preserving the ancient sport of kings.

In addition, there will be a display and sale of vintage longboards, modern longboards and surf memorabilia to cap off the event.

A percentage of all sales will benefit Parents and Children Together.

For more information or to participate in the classic, contact Ernie Maxilom at 734-6055.

Military & Civilian Runners/Walkers Invited to USO Hawaii Race

Hawaii citizens traditionally demonstrate their appreciation to the men and women of the United States Armed Services, and there will be another opportunity to show that support on Aug. 24 when USO Hawaii holds its annual 5K/10K race fundraiser at Hickam Air Force Base.

Funds raised by the race/walk will help the nonprofit, nongovernmental USO organization continue its mission.

The race this year returns for the first time since 1999 to Hickam Air Force Base, where the organization’s "Base Race" series began.

Participants may enter either a 10K or 5K event. Awards will be presented to the top three male and female finishers overall and in age groups in five-year intervals from 14-and-under to 80-and-over. Participants will be eligible to win dozens of door prizes.

Both timed races will begin at 7 a.m. The registration fee is \$18, but for applications received by Aug. 18, the fee is only \$15.

Late entries will be accepted Aug. 23 at “The Running Room,” 819 Kapahulu Ave., or on Aug. 24 at the race site.

Teams of 5 to 10 runners may enter the 10K in one of two divisions -- military or civilian -- and in one of three categories: male, female or mixed. The five best runners’ times will determine the team’s rank.

Mixed teams must have at least one male and one female finisher among the top five runners.

Hike Oahu with Hawaiian Trail and Mountain Club

Join the Hawaiian Trail and Mountain Club on a 6-mile hike Saturday at 8 a.m., climbing the ridge between Kalihi and Kamanaihi Valleys, under the watchful eye of Pu’u Lanihuli.

A \$2 donation is requested for each nonmember, age 18 or over. Children

under 18 must be accompanied by a responsible adult.

For hikes, the club meets at Iolani Palace, mountainside, at 8 a.m., unless otherwise noted. It does not provide transportation.

Bring lunch and water on all hikes. Wear sturdy shoes and clothing. You are responsible for yourself at all times.

Firearms, pets, radios and other audio devices are prohibited on hikes.

For more information, contact coordinator Dave Sanford at 488-4419 or the Hawaiian Trail and Mountain Club at 674-1459 or 377-5442.

Bellows Hosts Outdoor Recreation

This summer, you can be awash in outdoor activities at Bellows.

You can learn how to choose the best waves to shoot the curl, as Bellows offers bodyboarding lessons Fridays at 1 p.m.

The cost is \$12 per person and includes the use of a bodyboard.

Also, learn ocean kayak skills, including deep water recovery, navigation, water safety and efficient paddling techniques. Classes are every Wednesday and Thursday at 1 p.m. The cost is \$14 for adults and includes kayak rental.

For more information, call 259-8080.

Biking is an affordable adventure for all

NAPS

Featurettes

Americans families have found a fun activity that won't break the family budget — a bike trip.

Bike trips offer a healthy, affordable way to satisfy that craving for adventure while spending quality time with family members.

In fact, according to a recent survey conducted by the American Recreation Coalition, 88 percent of parents believe outdoor activities, like biking, strengthen relationships. Along with helping families to reconnect, biking provides a great aerobic activity that benefits the body and soul.

Bike trips also allow busy families to experience an exciting getaway without the added hassle and expense of traveling by airplane or automobile.

This includes nearby attractions and local sites of interest, which families can easily navigate from the comfort of a bicycle, instead of looking for parking spots.

For families without bicycles, experts have good news. According to Chris Holmes, director of family programming for Schwinn, bicycles have never been more affordable.

When purchasing a bicycle from a retail outlet, Holmes adds that sizing it properly can mean the difference between a memorable afternoon with the family or hours of discomfort that can cause unnecessary injury.

He offers the following tips for finding the right size bike:

- Wear the shoes you'd wear for biking, so your true bicycle height is reflected.
- Have someone come along to

see if the bike is a good fit.

- Test the height of the bike while standing by lifting it until the tube touches you. The front wheel should be two to three inches off the floor.
- Raise or lower the seat to a comfortable level-one at which the knees are correctly bent while peddling. At least two inches of the seat post should be hidden.
- When the pedals are at six o'clock and 12 o'clock, your knee should be slightly bent on the side with the six o'clock pedal.
- For children's bikes, the wheel rims should be approximately one-third of the child's height. For example, if your child is 48 inches tall, buy a bike with a 16-inch wheel.

Biking together can promise excitement, adventure and lasting memories for the entire family.



NAPS

Reasonably priced bicycles and inexpensive roadside activities make family bike trips the ideal solution for budget-conscious Americans looking for adventure.



Untreated wounds can cause infection

NAPS

Featurettes

The upside of warm weather is all the fun activities and excursions. The downside is the increased risk of injuries, particularly cuts, scrapes and other wounds. The American College of Emergency Physicians offers tips on wounds that may need emergency medical attention and how to properly clean, treat and protect minor ones at home.

Serious Wounds

Sometimes it's hard to determine what wounds can be treated at home and which require a trip to the emergency department. These guidelines identify which wounds need emergency medical care.

- Wounds that will not stop bleeding after five minutes of applying direct pressure.
- Long or deep cuts that need stitches.
- Cuts over a joint.
- Cuts that may impair function of a body area such as an eyelid or lip.
- Cuts that remove all of the layers of the skin like those from slicing off the tip of a finger.
- Cuts from an animal or human bite.
- Cuts that have damaged underlying nerves, tendons, or joints.
- Cuts over a possible broken bone.
- Cuts with an object embedded in them.
- Cuts caused by a metal object or a



puncture wound.

Call 911 or emergency services immediately if any of the following instances occur:

- Bleeding from the cut does not slow during the first 15 minutes of steady direct pressure.
- Signs of shock occur.
- Breathing is difficult because of a cut to the neck or chest.
- A deep cut to the abdomen causes moderate to severe pain.
- A cut to the eyeball.
- A cut amputates or partially amputates an extremity.

Minor Wounds

Most cuts are minor, but it's still important to properly care for them. "If you delay care for only a few hours, a wound can build up enough bacteria to cause a serious infection and increases your risk of a noticeable scar," said Dr. Richard O'Brien, an emergency physician.

The ACEP recommends a simple, three-step process.

- 1) Clean the cut with soap and water.
- 2) Treat the cut with an antibiotic ointment to prevent infection and to keep it moist to decrease scarring.
- 3) Protect the cut by covering it with a clean bandage.

For more information on how to handle medical emergencies, visit www.ACEP.org.